



Programs & Activities

Seniors Programs



Winter 2025 | January to March

Monday



Tamil Seniors Online

Jan 6, 20, Feb 3, Mar 3, 10, 24
9:00 AM – 12:00 PM



Tamil Seniors In-person at 90 Little's Road
Jan 13, 27, Feb 10, 24, Mar 17, 31
10:00 AM – 01:00 PM

Tuesday



Men's Club at 90 Little's Road
9:30 AM – 10:30 AM



Toastmasters for Seniors at 90 Little's Road
Jan 28, Feb 25, Mar 25
10:30 AM – 12:00 PM



Qigong at 90 Little's Road
01:30 PM – 02:30 PM

Wednesday



Yoga- Online
10:00 AM – 11:00 AM



Falls Prevention at 1321 Neilson Road
10:30 AM – 11:30 AM



Seniors Social and Lunch at 1321 Neilson Road
11:30 AM – 01:00 PM



Falls Prevention at 90 Little's Road
12:00 PM – 01:00 PM

Thursday



Eco Fit - Online
10:00 AM – 11:00 AM



'Seniors Need to Know' Info sessions at 90 Little's Road
01:00 PM – 02:30 PM



Brain Games- Online
Jan 23, Feb 6, 13, Mar 6, 13
01:00 PM – 02:00 PM

Friday



Badminton and Pickle Ball at 90 Little's Road
09:30 AM – 11:00 AM



Wood Burning at 90 Little's Road
09:30 AM – 11:00 AM



Seniors Social and Lunch at 90 Little's Road
11:30 AM – 01:00 PM



Mindful Yoga - Online
11:30 AM – 12:30 PM

Special Program Details

Upcoming 'Seniors Need to Know' Information Session Topics at 90 Little's Road

Jan 16: AI and Chat GPT for Seniors

Feb 20: Brain Health Workshop

March 20: Fraud Prevention Workshop

Monthly Caregiver Peer Support Group at 90 Little's Road
call or email for details

Special Events

Cycle Toronto Project Publication and Celebration at 90 Little's Road
Jan 20 – 11:30 AM – 01:00 PM

Seniors Advisory Committee Meeting
90 Little's Road (10:30 AM – 12:00 PM)
Jan 21, Feb 18, Mar 18

Seniors Active Living Fair
90 Little's Road
Jan 31 (09:00 AM – 01:00 PM)



FOR MORE INFORMATION, CONTACT AMENA BEGUM

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FOR DETAILED DESCRIPTION ON PROGRAMS AND ACTIVITIES AND TO SIGN-UP, PLEASE VISIT MFRC.ORG OR SCAN THE QR CODE

